

Individual Best Times (All Time)

Shannon Evans - (301362) - Diss Otters SC - 200 Individual Medley - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:51.88	356	H	24/02/18	Warwick Thompson Memorial Gala 2018	Thetford	Diss Otters	3
2:53.70	345	F	18/11/17	Stowmarket Club Championships 2017	Stowmarket	Stowmarket	4
2:55.93	332	F	16/12/17	Stowmarket No Frills Open meet	Stowmarket	Stowmarket	3
2:57.53	323	H	24/06/17	Warwick Thompson Memorial Gala 2017	Thetford	Diss Otters	3
2:58.04	320	F	30/09/17	West Suffolk Neate Meet	Bury St Edmunds		3
2:58.31	319	F	10/11/18	Stowmarket Club Championships 2018	Stowmarket	Stowmarket	4
3:00.22	309	F	06/05/17	The 'AMAY'zing Spring Development Meet	Bury St Edmunds	Stowmarket	3
3:02.01	300	F	08/04/17	Newmarket & District 9th April Open Meet	Newmarket		3
3:02.61	297	H	02/12/17	GYSC Winter Wipeout 2017	UEA	Diss Otters	3
3:03.05	295	H	14/10/18	21st Diss Otters Open Sprint Meet	UEA Sportspark	Diss Otters	3
3:03.07	294	F	19/03/17	Team Ipswich March Open 2017	Ipswich	Stowmarket	3
3:07.39	275	F	17/12/16	Stowmarket No Frills Open Meet	Stowmarket	Stowmarket	3
3:07.70	273	F	18/03/18	Team Ipswich March Open 2018	Ipswich		3
3:07.84	273	H	16/10/16	19th Diss Otters Open Sprint Meet	Norwich	Diss Otters	3
3:09.63	265	F	19/11/16	Stowmarket Club Championships 2016	Stowmarket	Stowmarket	4
3:11.50	257	H	15/10/17	20th Diss Otters Open Sprint Meet	UEA Sportspark	Diss Otters	3
3:17.86	233	H	03/12/16	Great Yarmouth Winter Wipeout 2016	Norwich	Diss Otters	3
3:26.15	206	F	03/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	Stowmarket	3
3:26.61	205		14/11/15	Stowmarket SC Club Championships 2015	Stowmarket	Stowmarket	4
3:35.88	179	F	09/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	Stowmarket	3
3:37.26	176		15/11/14	Stowmarket Club Champs	Stowmarket	Stowmarket	4
3:39.56	170	F	09/05/14	The Neate Meet	Bury St Edmunds	Stowmarket	3
3:57.12	135		10/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
4:45.57	77		12/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
5:03.94	64		17/12/11	Stowmarket No Frills Open Meet	Stowmarket	Stowmarket	4

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